








# To A Healthier You!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>February 2008</b></p>					<p>1</p> <p>Start a <b>Winter Wellness Challenge</b> in your workplace, or with a friend, or with a family member. Goal: To boost your fitness and help you get through the rest of winter on the right foot (or footing).</p>	<p>2</p> <p>Consider eating more healthy soups during the long winter season, to leave you with feelings of satiety without loading you up on calories.</p> <p><a href="http://www.berkeleywellness.com/html/wl/2003/wlFeatured0303.html">www.berkeleywellness.com/html/wl/2003/wlFeatured0303.html</a></p>
<p>3</p> <p>In Winter when you don't get enough vitamin D from the sun, turn to other sources such as low-fat dairy products, and supplements if necessary.</p>	<p>4</p> <p>It's still flu season, so keep up the good hand washing.</p> <p><a href="http://www.mayoclinic.com/health/hand-washing/HQ00407">www.mayoclinic.com/health/hand-washing/HQ00407</a></p>	<p>5</p> <p>Walk after every meal. "If it's not icy, cold won't hurt you"</p>  <p><a href="http://www.webmd.com/content/Article/53/61246.htm">www.webmd.com/content/Article/53/61246.htm</a></p>	<p>6</p> <p>Drink plenty of liquids. You still need water during the winter even if you don't feel thirsty.</p> <p><a href="http://www.webmd.com/content/Article/53/61246.htm">www.webmd.com/content/Article/53/61246.htm</a></p>	<p>7</p> <p>Remember those hefty, substantial root vegetables in winter.</p> <p><a href="http://www.webmd.com/content/Article/53/61246.htm">www.webmd.com/content/Article/53/61246.htm</a></p>	<p>8</p> <p>"Lubricate" from the inside out by indulging in salmon and other fatty fish and sprinkling ground flaxseed on your morning oatmeal.</p> <p><a href="http://www.webmd.com/content/Article/53/61246.htm">www.webmd.com/content/Article/53/61246.htm</a></p>	<p>9</p> <p>Avocados and olive oil may benefit dry winter skin.</p>  <p><a href="http://www.webmd.com/content/Article/53/61246.htm">www.webmd.com/content/Article/53/61246.htm</a></p>
<p>10</p> <p>Wear the right clothes when exercising in winter. "Polypropylene is the perfect fabric to wear underneath a tracksuit, which will provide great insulation but minimize moisture loss."</p> <p><a href="http://ezinearticles.com/?Tips-For-Winter-Wellness&amp;id=110569">http://ezinearticles.com/?Tips-For-Winter-Wellness&amp;id=110569</a></p>	<p>11</p> <p>Gore-Tex is a fabric used widely for providing protection from the rain and wind.</p> <p><a href="http://ezinearticles.com/?Tips-For-Winter-Wellness&amp;id=110569">http://ezinearticles.com/?Tips-For-Winter-Wellness&amp;id=110569</a></p>	<p>12</p> <p>With Valentine's Day approaching, remember that whereas a little dark chocolate might be good for you, too much of the fat and sugar that goes along with it is not.</p> <p><a href="http://heartdisease.about.com/od/otherriskfactors/a/chocolate.htm">http://heartdisease.about.com/od/otherriskfactors/a/chocolate.htm</a></p>	<p>13</p> <p>The cocoa content of commercial dark chocolate bars can range from (only) 30% (sweet dark) to 70%, 75%, or even above 80% for extremely dark bars.</p> <p><a href="http://candy.about.com/od/candyglossary/g/def_darkchoc.htm">http://candy.about.com/od/candyglossary/g/def_darkchoc.htm</a></p>	<p>14</p> <p><i>Happy Valentine's Day</i></p>  <p><i>Go Easy!</i></p>	<p>15</p> <p>Buy some indoor plants to soften up the dry atmosphere caused through heating. Indoor plants give off moisture and oxygen...</p> <p><a href="http://ezinearticles.com/?Tips-For-Winter-Wellness&amp;id=110569">http://ezinearticles.com/?Tips-For-Winter-Wellness&amp;id=110569</a></p>	<p>16</p> <p>Don't forget that swimming at an indoor pool is an option for a great cardio workout!</p> <p><a href="http://ezinearticles.com/?Tips-For-Winter-Wellness&amp;id=110569">http://ezinearticles.com/?Tips-For-Winter-Wellness&amp;id=110569</a></p>
<p>17</p> <p>If you do not already have one in your home, consider the benefits of a Carbon Monoxide Detector.</p> <p><a href="http://www.cpsc.gov/CPSC/PUBS/466.html">www.cpsc.gov/CPSC/PUBS/466.html</a></p>	<p>18</p> <p>Find time to laugh everyday, for the health of it. It may reduce your stress, elevate your mood, boost your immune system, lower your blood pressure, improve your brain functioning.</p> <p><a href="http://www.helpguide.org/life/humor_laughter_health.htm">www.helpguide.org/life/humor_laughter_health.htm</a></p>	<p>19</p> <p>Try pool aerobics. Some YMCAs offer water fitness classes.</p> <p><a href="http://www.ymca.net/programs">www.ymca.net/programs</a></p> 	<p>20</p> <p>If long, gray winter days leave you feeling "blue", consider light therapy. You might benefit from a portable fluorescent light box.</p> <p><a href="http://www.mayoclinic.com/health/seasonal-affective-disorder-treatment/DN00013">www.mayoclinic.com/health/seasonal-affective-disorder-treatment/DN00013</a></p>	<p>21</p> <p>Investigate which fruits and vegetables are in season and learn how to prepare something different for yourself and/or your family.</p>	<p>22</p> <p>Learn how to Deep Breathe. When you notice that you're not breathing deeply, you should consciously take long, full inhalations.</p> <p><a href="http://www.naturalhealthmag.com/health_wellness/38">www.naturalhealthmag.com/health_wellness/38</a></p>	<p>23</p> <p>Proper rest is ... vital to a well-functioning immune system.</p> <p><a href="http://www.naturemade.com/WellnessTopics/wt_articles.asp?articleid=90">www.naturemade.com/WellnessTopics/wt_articles.asp?articleid=90</a></p>
<p>24</p> <p>While insoluble fiber (abundant in whole wheat) increases fullness in the short term, soluble fiber (in oats, for instance) can produce a feeling of satiety many hours after a meal.</p>  <p><a href="http://www.berkeleywellness.com">www.berkeleywellness.com</a></p>	<p>25</p> <p>Set aside money for a periodic chair massage. Office workers massaged regularly were more alert, performed better and were less stressed than those who weren't massaged.</p> <p><a href="http://www.infinitemassage.com/benefits_of_chair_massage.htm">www.infinitemassage.com/benefits_of_chair_massage.htm</a></p>	<p>26</p> <p>Try a 15-minute quick fitness program: 10 min aerobics 1 min sit-ups 3 min with dumbbells 1 min flexibility</p> <p><a href="http://www.pbs.org/americaswalking/action/quickfit.html">www.pbs.org/americaswalking/action/quickfit.html</a></p>	<p>27</p> <p>Eat at least 35 grams of Fiber each day. Good sources are: Oats, fruit, barley &amp; legumes (soluble) Wheat, rye, bran and other grains (insoluble)</p> <p><a href="http://www.gicare.com">www.gicare.com</a></p>	<p>28</p> <p>Did you make New Year Resolutions? If so, it's time for reflection, self-evaluation, &amp; re-assessment. Resolve to review your progress each month and reward yourself in healthy ways.</p>	<p>29</p> <p>Learning something new is one way to revitalize oneself.</p>  <p><a href="http://harvardmagazine.com/2007/01/winter-wellness.html">http://harvardmagazine.com/2007/01/winter-wellness.html</a></p>	